



KENTUCKY DEPARTMENT OF EDUCATION

Wellness and Nutrition Policy

Three-hour training for experienced school-based decision making membership.

Objectives

- Understand what wellness is and how it fits into the school curriculum
- Understand what the Healthy, Hunger-Free Kids Act of 2010 is and its requirements
- Understand the physical activity component and how it relates to SBDM
- Understand the nutrition component and how it relates to SBDM

Session Overview

This SBDM training session will provide the basics of the Healthy, Hunger-Free Kids Act of 2010 and will explain the physical activity and nutrition components that are required to be in the wellness policy. A wellness policy is a required SBDM policy that all school councils will create and implement. Participants will understand how physical activity and nutrition contribute to student achievement.

Student Achievement

The school council's mission is to improve student achievement [KRS 160.345(2)(c)1]. Each school council must create an environment in their own schools that will result in students achieving at high levels. All policies and decisions by the school council must contribute to the achievement of the overall school mission.

These SBDM training materials were developed by the Kentucky Department of Education for use in training school council members in implementing school-based decision making.



With your table, brainstorm what wellness and nutrition means to you and what the benefits are to having this policy in schools. Fill out the WELLNESS acrostic on chart paper with your table, with each letter representing a term that reflects what wellness is.

What is Wellness?

First, let's look at what the Kentucky SBDM statute says about wellness.

KRS 160.345(11) states that "Each school council of a school containing grades K-5 or any combination thereof, or if there is no school council, the principal, shall develop and implement a wellness policy that includes moderate to vigorous physical activity each day and encourages healthy choices among students. The policy may permit physical activity to be considered part of the instructional day, not to exceed thirty (30) minutes per day, or one hundred and fifty (150) minutes per week. Each school council, or if there is no school council, the principal, shall adopt an assessment tool to determine each child's level of physical activity on an annual basis. The council or principal may utilize an existing assessment program. The Kentucky Department of Education shall make available a list of available resources to carry out the provisions of this subsection. The department shall report to the Legislative Research Commission no later than November 1 of each year on how the schools are providing physical activity under this subsection and on the types of physical activity being provided. The policy developed by the school council or principal shall comply with provisions required by federal law, state law, or local board policy."

What does the statute say?

1. What grade levels does this statute apply to?

2. The principal shall develop and implement a wellness policy that includes what?

3. How many minutes per day can physical activity be considered part of the instructional day? How many minutes per week?

4. Who adopts an assessment tool and what is it used for?

5. When must the Department of Education report to the Legislative Research Commission regarding how schools are providing physical activity?

Healthy, Hunger-Free Kids Act of 2010

The goal of the Healthy, Hunger-Free Kids Act of 2010 is to improve child nutrition. According to the USDA website (<http://www.fns.usda.gov/school-meals/healthy-hunger-free-kids-act>), this act allows the USDA, for the first time in over 30 years, the opportunity to make reforms to the school lunch and breakfast programs by improving on the nutrition and hunger safety net for millions of children.

The Healthy, Hunger-Free Kids Act of 2010 requires each local educational agency (school district) participating in the National School Lunch Program and/or School Breakfast Program to develop a wellness policy. A wellness policy is a written document that guides a school's efforts to establish a school environment that promotes students' health, well-being, and ability to learn.

What policies/guidelines do you think should be included in a wellness policy?

What is required in the Healthy, Hunger-Free Kids Act of 2010 wellness policy?

When writing your wellness policy, there are some requirements that must be done in order to implement it. The requirements are:

1. Involve all stakeholders in the development of the wellness policy.
 - a. Create a Coordinated School Health (CSH) Council at the district level with your superintendent, school members, and representation from various school roles and community members.
 - b. Create school-level Coordinated School Health Committees that report to the SBDM councils and the district CSH Council.
2. Set goals for nutrition education, physical activity and nutrition guidelines.
 - a. Set wellness policy goals for nutrition education/promotion, physical activity and physical education.
 - b. Select and utilize a school health assessment at each school (e.g. Alliance for a Healthier Generation's Healthy Schools Builder).
3. Measure implementation progress of wellness policy.
 - a. Measure implementation progress by semi-annual reporting on school health assessments from local CSH committees to the district CSH Council.
4. Publicly report implementation progress of wellness policy.
 - a. Publicly report the summarized findings of the district CSH Council to the local board of education

Roles of District CSH Council	Roles of School-Level CSH Committee
Annually review and update District Wellness Policy	Meet regularly throughout the school year and provide input into school's PLCS Program Review
Ensure that each school establishes a CSH Committee	Provide program and data feedback to the district CSH Council
Ensures all schools are implementing the district wellness policy via a school wellness policy	Integrate CSH goals into the Comprehensive School Improvement Plan (CSIP)
Integrate CSH goals into the Comprehensive District Improvement Plan (CDIP)	Implement a school-level wellness policy that includes a Comprehensive School Physical Activity Program approach

Reflection:

Who do you think is (or should be) involved in the implementation of the wellness policy? How could they be incorporated into the committee structure at the school?

How does this policy relate to SBDM?

The core goal of SBDM is student achievement. Each school council must create an environment in their schools that will result in students achieving at high levels. By getting the exercise they need and the nutrition they need, students will be able to think more clearly and have energy to learn.

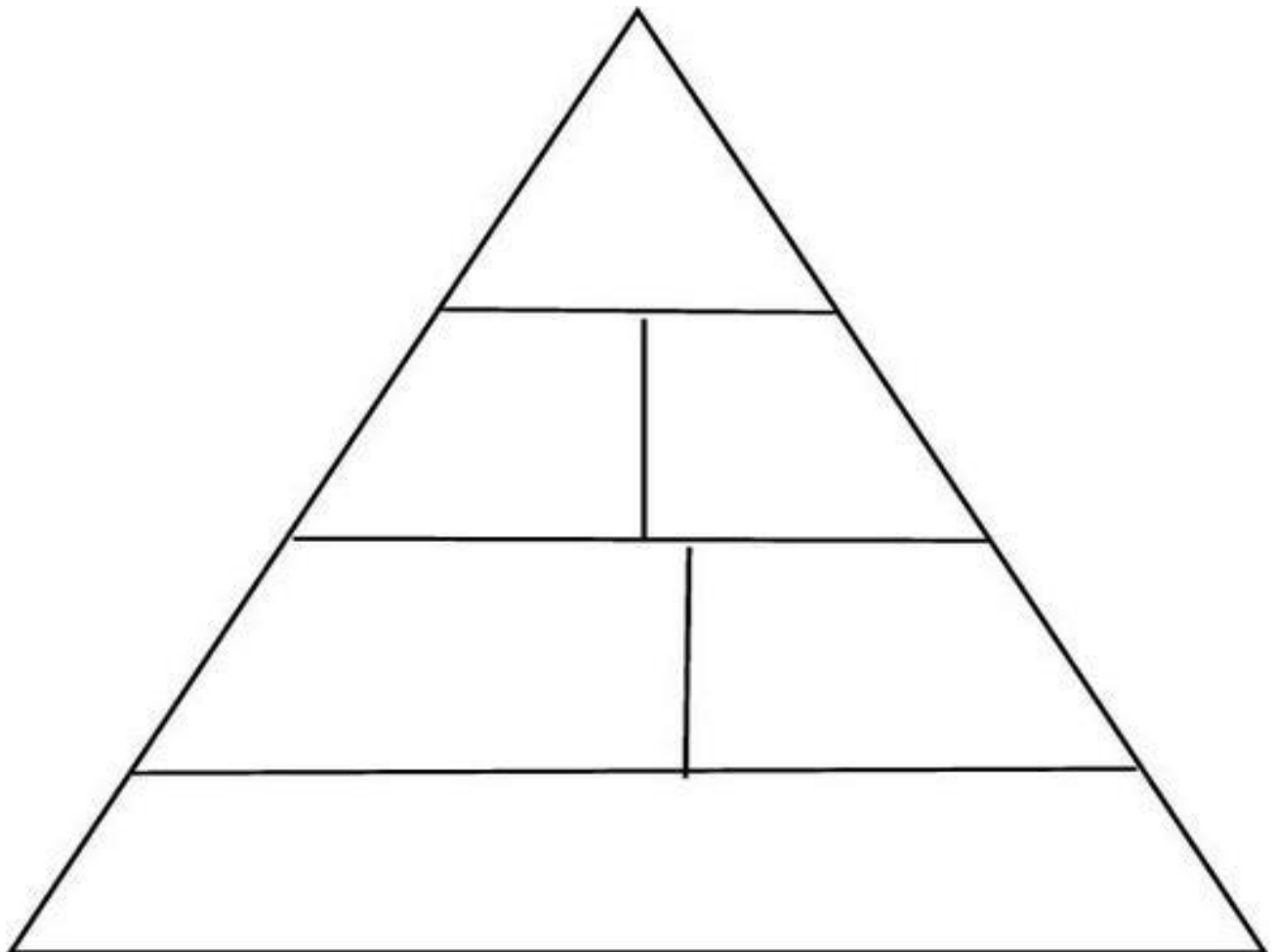
Before we get into the main components of the wellness policy, let's take a quiz to see how much you know.

What are the five main food groups?	
What are the recommended servings of each food group per day?	
How much water should you drink a day?	
How much exercise should a child get per day?	
What percentage of children is not getting the recommended amount of exercise per day?	
What is the percentage of high school students who are obese/overweight?	
How many hours a week do children spend watching TV?	

Teaching students healthy habits and including physical activity is crucial to student success and should be included in the daily curriculum.

Nutrition Component

One component of the Wellness policy is nutrition. What areas/guidelines do you think are most important when discussing nutrition education and promotion? On the blank pyramid below, start at the bottom and write which area/guideline is most important that schools add to their wellness policy and continue up the pyramid, with the least important area at the top. For example, if your table thinks that adding a guideline to the wellness policy regarding serving healthy school lunches is most important, write that in the bottom tier. Then write what is next in importance and so on. If your table thinks fundraising with healthy food items is least important, write that in the top tier.



Nutrition Requirements

The nutrition component adheres to the guidelines of the USDA National School Lunch Program. The USDA states on its website that school lunches must meet meal pattern and nutrition standards based on the latest Dietary Guidelines for Americans. The current meal pattern increases the availability of fruits, vegetables and whole grains in the school menu. The meal pattern's dietary specifications set specific calorie limits to ensure age-appropriate meals for grades K-5, 6-8, and 9-12. Other meal enhancements include gradual reductions in the sodium content of the meals. While school lunches must meet federal meal requirements, local school food authorities make decisions about what specific foods to serve and how they are prepared.

Nutrition Education and Promotion

Goals relating to nutrition education and promotion must be made in the wellness policy. These could include:

- Making nutrition education part of health education classes or stand-alone courses for all grade levels.
- Integrating nutrition education into other core subjects such as math, science, language arts and social sciences.
- Including nutrition and health posters, signs and displays in the cafeteria, classrooms, hallways, gyms and bulletin boards.
- Providing activities like contests, surveys and promotions.
- Offering information to families that encourage them to teach their children about health and nutrition.

One important aspect of nutrition promotion is the marketing of foods and beverages on the school campus. The wellness policy must state that marketing is only allowed on foods and beverages that meet the nutrition guidelines that are sold on the school campus during the school day.

What are some goals or guidelines related to nutrition promotion that could be in your school's wellness policy? Think about these areas: fundraising, snacks, rewards, celebrations, school sponsored events and communication with parents.

Areas	Goals/Guidelines
Fundraising	
Snacks	

Areas	Goals/Guidelines
Rewards	
Celebrations	
School-Sponsored Events	
Communication with Parents	

Physical Activity Component

Another component that makes up the Wellness policy is physical activity.

702 KAR 6:090 Section 6: Student Physical Activity.

- 1) A local district superintendent shall evaluate the student physical activity environment, including the amount of time and types of physical activity provided in the elementary schools, as required in KRS 160.345(11) and release the report at least sixty (60) days prior to the public forum required by KRS 158.856(5).
- 2) A local district superintendent shall submit the report on physical activity, including a summary of findings and recommendations to the Department of Education by May 1 of each succeeding year.
- 3) The superintendent may release the report via posting to the district Web site.

Within the wellness policy, goals need to be created regarding physical activity in the school and in the classroom. These goals should provide opportunities for every student to develop the knowledge and skills for specific physical activities; maintain physical fitness; reduce sedentary time; learn about cooperation, fair play and responsible cooperation that meet the needs of all students; and gain an appreciation for lifelong physical activity through a healthy lifestyle.

Physical activity in the schools is in addition to PE class. PE is considered instructional time in which standards are being taught, so there should be other opportunities for students to get physical activity.

Recess is an opportunity for students in elementary school to get physical activity. In schools that do not have recess, like middle and high schools, include planned student movement into lesson plans and integrated into academic lessons. Take10! is a program that shows how to implement physical activity into everyday lessons. The Take10! Website at www.take10.net states, "Obesity rates among children and adolescents have increased significantly in the past 20 years. Although a poor diet is often cited as the culprit for the rise in childhood obesity, the key to prevention is achieving energy balance."

What are your favorite types of exercise? How could this be incorporated into school curriculum?

Favorite Type of Exercise	Ways To Incorporate It Into School Curriculum

Short bouts of physical activity have been shown to have health benefits. The ILSI Research Foundation worked with education and health experts to develop TAKE 10! in 1999 to promote structured, 10-minute activities in the elementary classroom.

Each grade-specific kit is divided by academic content area: language arts, math, science, social studies, and general health. TAKE 10! helps children understand the importance of fun, physical activity and other healthful behaviors, including nutrition, while reducing sedentary behavior, improving attention and promoting structured physical activity breaks during the school day.

Sample Wellness Policy

Look at the provided sample wellness policy.

1. What are the strengths?
2. How can the policy be strengthened?
3. What could be added to your school/district wellness policy to make it more effective?

Final Thought

What will you take back to your school council about wellness and wellness policies? How can you, as a member of the school council, affect the wellness of the school?